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**INTERNET: OPPORTUNITY FOR DEVELOPMENT OR A THREAT SUCH AS ADDICTION, CORRELATION OF EMOTIONAL PROBLEMS WITH SLEEP QUALITY IN INTERNET ADDICT HIGH SCHOOL GIRLS**

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**Background and Aim :** Internet addiction is a pattern of Internet use that impaired performance and associated with internal unpleasant status. The goal of this research was studying the relationship between sleep quality and emotional problems with Internet dependent students

**Methods :** Method: This was a correlation study. The study population was all high school girl students in Meshkinshar in 1394-1393. For sampling with Morgan table (error coefficient 0.5) 400 high school girl students were selected randomly. They answered to Young's Internet Addiction Scale (YIAS). 80 students who had higher score than 44 (cut-off point) in YIAS was assessed by Pittsburgh Sleep Quality Index (PSQI) and DASS-42 questionnaire. For analyzing the data, Pearson correlation and multiple regression were used. Sleep quality was the primary variable. The DASS-42 scale scores with three subscales: depression, anxiety and stress were secondary variables and Internet addiction was intervening variable.

**Results :** The results: PSQI scores had significant and positive correlation with of DASS-42 subscales: with depression ( $p < 0.01$ ,  $r = 0.29$ ), with anxiety ( $p < 0.01$ ,  $r = 0.33$ ) and with Stress ( $p < 0.01$ ,  $r = 0.39$ ). Multivariate regression analysis showed depression, anxiety and stress can predict sleep quality. Their beta coefficients are respectively: 0.239, 0.252, and 0.266 ( $F = 5.6$ ,  $p < 0.01$ ).

**Conclusion :** The results showed girls with Internet addiction are suffering from emotional problems like depression, anxiety and stress symptoms and reducing the quality of their sleep is predictable and explainable by their emotional problems. Therefore, training for appropriate use of the Internet is essential to enhance students' mental health.

**Keywords :** Internet addiction, sleep quality, emotional problems